



INTERCEPTION

- 1. Everyone begins in a line.**
- 2. There are 3 positions to play: Quarterback, Receiver, and Defender. First 3 players in line play these positions.**
- 3. When the Quarterback says "hike", the Receiver runs towards the goal-line while the Defender runs with them, attempting to block or catch the ball.**
- 4. The Quarterback will attempt to throw the ball to the Receiver so they can catch it without the Defender knocking it down or intercepting it.**
- 5. The round of play ends if:**
 - the ball is intercepted**
 - the pass is knocked down**
 - the Receiver catches the ball and scores**
- 6. Once the round is over, players recycle to the end of the line. The next 3 students in line step up.**